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The next questions are about all the physical activity you did in the **last 7 days** as part of your paid or unpaid work. This does not include travelling to and from work.

During the **last 7 days**, on how many days did you do **vigorous** physical activities like heavy lifting, digging, heavy construction, or climbing up stairs **as part of your work**? Think about only those physical activities that you did for at least 10 minutes at a time.

- ☐ 1 day per week
- ☐ 2 days per week
- ☐ 3 days per week
- ☐ 4 days per week
- ☐ 5 days per week
- ☐ 6 days per week
- ☐ 7 days per week
- ☐ No vigorous job-related activity

How much time did you usually spend on one of those days doing **vigorous** physical activities as part of your work?

- ☐ Less than 30 minutes
- ☐ 30 minutes but less than 60 minutes
- ☐ 60 minutes but less than 90 minutes
- ☐ 90 minutes but less than 2 hours
- ☐ 2 hours but less than 4 hours
- ☐ 4 hours but less than 6 hours
- ☐ 6 hours or more

Again, think about only those physical activities that you did for at least 10 minutes at a time. During the **last 7 days**, on how many days did you do **moderate** physical activities like carrying light loads **as part of your work**? Please do not include walking.

- ☐ 1 day per week
- ☐ 2 days per week
- ☐ 3 days per week
- ☐ 4 days per week

- ☐ 5 days per week
- ☐ 6 days per week
- ☐ 7 days per week
- ☐ No moderate job-related activity

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How much time did you usually spend on one of those days doing **moderate** physical activities as part of your work?

- ☐ Less than 30 minutes
- ☐ 30 minutes but less than 60 minutes
- ☐ 60 minutes but less than 90 minutes
- ☐ 90 minutes but less than 2 hours
- ☐ 2 hours but less than 4 hours
- ☐ 4 hours but less than 6 hours
- ☐ 6 hours or more

During the **last 7 days**, on how many days did you **walk** for at least 10 minutes at a time **as part of your work**? Please do not count any walking you did to travel to or from work.

- ☐ 1 day per week
- ☐ 2 days per week
- ☐ 3 days per week
- ☐ 4 days per week
- ☐ 5 days per week
- ☐ 6 days per week
- ☐ 7 days per week
- ☐ No job-related walking

How much time did you usually spend on one of those days **walking** as part of your work?

- ☐ Less than 30 minutes
- ☐ 30 minutes but less than 60 minutes
- ☐ 60 minutes but less than 90 minutes
- ☐ 90 minutes but less than 2 hours
- ☐ 2 hours but less than 4 hours
- ☐ 4 hours but less than 6 hours
- ☐ 6 hours or more

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